

### **Abstract**

The invention relates to a protection element which is installed over a conduit or cable fitted in a groove formed into solid ground, which has the form of a three-walled casing with a top and two side walls. The invention also relates to a method for laying cables or conduits in a groove system created into solid ground and to a cable layout, consisting of a conduit or cable system, wherein one or more cable or conduits are fitted in grooves which are located at the surface of the laying foundation.